

Links for Runners

- [Hawaii Running Project](#) – MPRRC’s partner for Free Training groups on Oahu.
- [Friday Night Social Run](#) – MPRRC’s casual social run every Friday night.
- [Windward Training Freaks](#) – MPRRC’s Windward side training group.
- [Faerber’s Flyers](#) (Road Runners Club of America), Wed, UH Cooke Field, 5.30 pm. First 3 visits free, annual membership is \$50. Street parking near UH lower campus may be available. For further info, contact faerbers@hawaii.edu.
- [Jack Scaff’s Honolulu Marathon Clinic](#) is a great training group for all levels of runners, every Sunday morning March through November, Kapiolani Park.
- [Honolulu Front Runners](#) – Weekly run/walk at Kapiolani Park, Pride Run 5K, and other events.
- [The Road Runners Club of America](#) – The national running organization (MPRRC is a member). Find information on running safety, coaching certification, race director certification, and more plus links to other running club websites and races nationwide. Local [RRCA Hawaii](#).
- [HURT](#), the Hawaii Ultra Running Team, trail runs and challenges on Oahu.
- [USATF Hawaii](#) is the official website for USA Track & Field Hawaii.
- [Masters Running](#), The Hawaii Masters Track Club Facebook page.
- [Hash House Harriers of Hawaii](#) – Monthly runs on Oahu, Big Island, and Maui. A “Hare” sets the trail, “Hounds” try to find and follow – then beer.
- [The Great Aloha Run](#), annual President’s Day run for local charities and other events.
- [The Honolulu Marathon](#) – One of the largest marathons in the world held every December plus other events.
- [Tropical Triple Crown](#) Charities – race series including the Hibiscus Half Marathon, Coconut Chase 8K, and Mango Days 5K.

- [Big Island Road Runners](#), invite you to their site, and that of the [Hilo Marathon](#).
- Racing on Maui? Try the [Valley Isle Road Runners](#).
- [Running in the USA](#) posts MPRRC races.
- [Runner's World Online](#) provides timely news on running, plus all the other info you get from their magazine, like [The Penguin Chronicles](#).
- [The Running Network](#) is the national collection of race guides such as "Hawaii Race", so if you're going to the mainland, this is one place to find a race.
- [Road Runner Sports](#) is one of my favorites. Try the "Shoe Critic" to find out what others think of your favorite model of shoe.
- Longtime Runner's World editor [Hal Higdon](#) also has his own website.
- Of similar interest is [Ultrarunning.com](#), which is maintained by our friends Neal and Suzanne Jamison.
- [Marathon Handbook](#), resources on how to train for a marathon.
- [Timeline](#), organizes race timing using ChampionChip technology.
- [Active.com](#), to find and sign up for races.
- [Flotrack](#) has running news, results, interviews and videos of races across the country.
- [Jon Lyau's Personal Best Training](#)
- [BC Endurance Trainings](#), Brian Clarke's web site.
- [RunSignUp](#) – Race and Club registration site.
- [JTL Timing](#) has race results for races that they conduct.
- [Island Scene Online](#) is a local health and fitness webzine created by island scene magazine.
- [USA Fit](#) has a training schedule and helpful tips on how to train for a marathon. It has a group based in Honolulu which trains toward the Honolulu marathon in December.
- [TDEE calculator](#) calculates how many calories a person burns per day, based on their age, gender, height, weight, activity level, and current body fat percentage.

Note that MPRRC lists these links of possible interest to runners without endorsing them or taking any responsibility for their content.